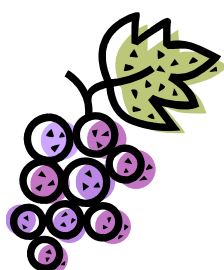
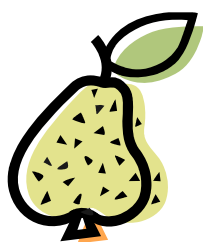


IDEAS for BREAKFAST ITEMS*

Meat/Meat Alternate Entrees	
<ul style="list-style-type: none"> • Scrambled eggs with cheese • Ham and cheese English muffin • French toast • Canadian bacon • Cheese sticks or blocks • Banana split - halved banana topped with yogurt and teddy grahams • Breakfast pizza • PB & J Sandwich • Egg and cheese tortilla 	<ul style="list-style-type: none"> • Yogurt served with granola • Portable yogurt • Biscuits, USDA recipe B-4 or biscuits with sausage • Breakfast burrito with salsa, USDA recipe J-2 • French toast sticks, USDA recipe J-3 • Breakfast tacos • Meat and/or cheese sandwich • Trail Mix
Grain/Bread Entrees	
<ul style="list-style-type: none"> • Graham crackers • Granola or cereal bars • Bagels with cream cheese • Cinnamon and sugar toast • Bagel • Granola, USDA recipe J-1 • Pancakes, USDA recipe B-13 	<ul style="list-style-type: none"> • Cold cereal such as Frosted Mini-Wheats, Raisin Bran, Granola, and Cheerios add more fiber to breakfast • Cinnamon rolls, USDA recipe B-8 • Hot oatmeal with cinnamon, brown sugar, and raisins or other fruit • Homemade muffins, USDA recipe B-12 & B-20
Fruit and Vegetables	
<ul style="list-style-type: none"> • Fresh fruit salad • Kiwi • Grapes • Oranges • Apples • Carrot Sticks • Sugar Pea Pods • Dried fruit 	<ul style="list-style-type: none"> • Bananas • Peaches (fresh, canned, frozen) • Strawberries (fresh or frozen) • Melons - watermelon, cantaloupe, honeydew • Pears (fresh, canned) • Grapefruit

*Choose low-fat meats, cheeses and milk; use whole wheat flour and grain products and choose no added sugar and no added salt canned products.



Grab-and-Go Breakfasts*

- Breakfast Pizza
- Graham Crackers
- PB & J Sandwich
- Bagel Sandwiches
- Single-Serve Cereal Bowls
- Cereal Bars
- Granola Bars
- Egg or Ham and Cheese on English Muffin
- Assorted Muffins
- Breakfast Burrito
- Cinnamon Rolls
- French Toast Sticks
- Pancake on a Stick
- Cold Cheese Pizza
- Breakfast Tacos
- Bagels with Cream Cheese
- Granola, Yogurt and Fruit Parfait
- Cheese Sandwich
- Banana Bread
- Breakfast Tortilla Wrap (you choose the filling)
- Canadian Bacon
- Fresh Fruit Salad
- Grapes
- Apple or Orange Slices
- Juice Cartons
- Bananas
- Strawberries
- Fruit Cups
- Trail Mix
- Chex Mix or Homemade Cereal Mix
- Pre-packaged Breakfast Meals like Breakfast Breaks.
- Milk Cartons or Jugs
- Portable Yogurt

*Choose low-fat meats, cheeses and dairy; use whole wheat flour and whole grain pre-packaged products and choose no added sugar and no added salt canned products.

